

# The "SUN" Within



Inscribed by: Neb Heru A Kheper Ka RE (Khaf-RE)

**-SUNU DEGREE#1-**



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This Little book is the  
“MASTER KEY” to  
changing the WORLD!



“Big things come in small packages.”

Inspired by: The Forces of Nature (NUN)  
Inscribed by: NEB HERU A KHEPER KA RE (KHAF-RE)  
GHANA, WEST AFRICA 2010

## The Sun Within

*<sup>4</sup>In him was life; and the life was the light of men.*

*<sup>5</sup>And the light shineth in darkness; and the darkness comprehended it not.*

*-John 1:4-5 King James Bible.*

This is a great day and time! A great day and time for some and a dreadful day for others. A great day for all those who are willing to align themselves with the **Forces of Nature**, those who are willing to Submit to the **Eternal Bliss of Pure Positive Energy**, this is your day and time! The **Forces and Powers of PAA RE(THE SUN)** is definitely on your side, **walking with you, healing you, cleansing you**, and sending you loving rays of **Eternal Vibrations!**

## The Sun Within



Our Ancient Egyptian Ancestors Giving Praise

## The Sun Within



winged solar disk

**Question: What is the Solar Cycle of RE (The Sun Cycle) I keep hearing about?**

**Answer:** We are now living in a “*Great Day and Time*” because... the “*Living*” Cycle of Nature called the Solar Cycle of RE (*The Sun Cycle*) is waking up again! Earth (PTAH-NUN), is waking up and coming alive. Earth is going through a cleansing process; Earth (PTAH-NUN) is coming out of her **Winter Season of “Death”**, which is **Earth’s (PTAH-NUN) “death cycle”** called **The Moon or Lunar Cycle** where all living organism that was part of original creation begins to regress in quality and standards and values. Where the original people and root race of the Planet Earth (PTAH-NUN, **Gaia**) **African People Mentally** go into a sleep, slumber state,

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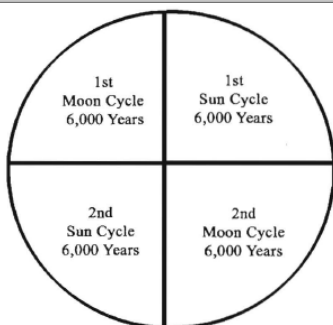
and are not living up to their **full potential**. They lose contact with their true **Spiritual Powers** and resources, in ancient times we called this the “*Spell of Apep, Amam, Kingu, or Leviathan*”, simply the “*Spell of Sleep of your Subconscious Minds*”. Where we lose contact and forget the “**infinite resources**” we once had through this great **Power of our Mind**. Well our time has now **Cycled** or **circled** back around, to re-learn and re-awaken our dormant abilities. We are now at the end of a **24,000 year complete cycle** and the **Children of the Sun (PAA RE)** reawaken!

**Question: Can you explain further about this 24,000 year Cycle?**

**Answer:** Sure, There are **4 Cycles, 2 Moon (Lunar) or Silver Cycles** and **2 Sun (Solar) or Gold Cycles**. Each Cycle lasts **6,000 Years**. These **Four Cycles** make up what is called an ***Equinox***, which lasts **24,000 Years**. We are

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currently in the **4<sup>th</sup> Cycle of the 24,000 years**. This **Cycle** is called the **Sun Cycle** or **Solar Cycle of Re**, where the **Children of the Sun (PAA RE)** raise back to their Glory, once they are using the “**full potential**” of their **Minds**. So the first Cycle, in this **Equinox** was a **Moon (Lunar) or Silver Cycle**, that changed to a **Sun (Solar) Cycle**, that changes to a **Moon (Lunar) Silver Cycle**, and back to a **Sun (Solar) Cycle**, where we are currently.



**Diagram 11**  
**The 24,000 Year Cycle**

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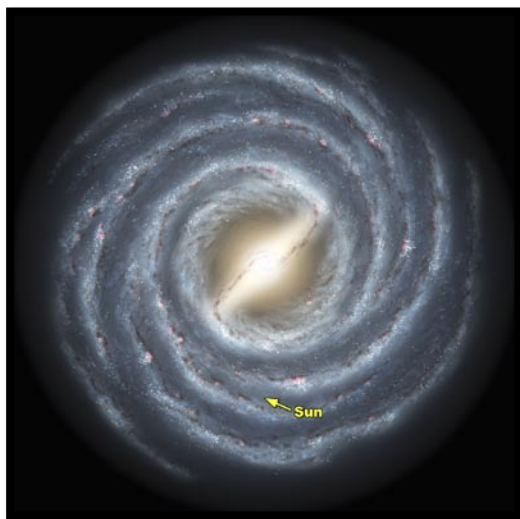
These **Cycles** not only involve a change in **Evolution, which has actually come to an end** and is thrown in “**reverse**”, but they are now regressing to the original Primitive State they were Evolving from. This is what happens to **Mankind (The Indo –Arab and Caucasian-European Races)**. With the **Solar Cycle of Re (Sun Cycle)**, it has turned into a **Revolutionary Cycle**, were we revolve back into our **Greatness as African / Ancient TaMa-Rean (Egyptian) People**.

You have this **Whole Galaxy** or **Solar System**, **Central Solar (Sun)**, with **Systematic Bodies** moving around it. It moves around a Larger Mass every **24,000 years**, of course that varies in an **Equinox**. Your Equinox varies from **24,000 to 24,896 Years**, which is also the circumference of the **Planet. 24,896 Miles** where land that is equal to one mile for every



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year. The Planet called **Earth (PTAH-NUN)** positioned itself in the location of the **Revolution (Revolutionary Cycle)** of **Earth (PTAH-NUN)** in the year **1970A.D.** which was the end of the **3<sup>rd</sup> Cycle**, as you know it. In this new Millennium we are truly in the ***Solar Cycle of RE*** where the **Mind of the Gods** return!



**PAA RE (THE SUN) Moving Around the Milky  
Way (Central Sun)**

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**Question: Who is the Egyptian Deity Ra or RE (Ray)?**

**Answer:** The Ancient **Tama-Rean (Egyptian) Deity Ra or RE (Ray)** also known as **Amun**, or **Amon-Ra** was always linked to the **Sun**, thus making **Ra (RE)** A “**Solar**” **Deity**. The **Sun “RE”** were an external far-away **Deity** and a mortal as well, being also symbolic of the **Sun Cycle (Solar Cycle of RE)** of the **Melaninite Children**, the **dark wooly haired beings**. We Ancient **TaMa-Reans (Egyptians)** gravitated toward an **internal Deity** as the **Sun of RE** in our **Soul Plexus**. Your **Body** is the **Temple**, lit by your **Soul (BAA)** or **Solar Plexus Sun**. This is the “***true journey to God***” that would at the same time be everywhere in and out of each of us.

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Neter Amun RA (RE)

## The Sun Within

**Question: What is a Solar Plexus –The Sun Within?**

**Answer:** According to the Merriam Webster's Online Dictionary the word

**Solar means:**

Pronunciation: \ 'sō-lər, -,lär\

Function: *adjective*

Etymology: Middle English, from Latin *solaris*, from **sol sun**; akin to Old English & Old Norse **sōl sun**, Lithuanian **saulė**, Greek **hēlios**

Date: 15th century **1 : of, derived from, relating to, or caused by the sun**

**2 :** measured by the earth's course in relation to the sun <a solar year>; *also* : relating to or reckoned by solar time

**3 a :** produced or operated by the action of the sun's light or heat <solar energy> **b : utilizing**

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**the sun's rays especially to produce heat or electricity <a solar house>; *also* : of or relating to such utilization <solar design>**

**Plexus means:**

Main Entry: **plex·us**

Pronunciation: \ 'plek-səs \

Function: *noun*

Inflected Form(s): *plural* **plex·us·es** \-sə-səz \

Etymology: New Latin, from Latin **plectere** to **braid** — more at [ply](#)

Date: 1682

- 1** : a network of anastomosing or interlacing  
**blood vessels** or **nerves**  
**2** : an interwoven combination of parts or  
elements in a structure or system

**The Solar Plexus (The Sun Within), or Sun Center or your Central Sun, is to the Human Body precisely what the visible Sun (RE) is to the Solar System. It is the Source of ALL Life and Light. It is the Manufacturer of Life and**

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**Light.** The **Solar Plexus** breaths in **intelligent Will**, and breaths out “**Magnetism**”. Remember **breathing** and **thinking** is one. **To think deep, Breath deep!** While you are inhaling a **breath** you are **Negative Polarity, “Receptive”**. While you are holding the **Breath** you are poised ready, while you are exhaling you are **Positive “Radiant”**. You are giving out **Life** to your domain.

Until we overstand and take control of ourselves, every thought that passes through the **Mind** affects the action of the **Solar Plexus**, and the **Solar Plexus** is the “**Seat of the Subconscious Mind**” called the **Abdominal Brain**.

**Question: How does the Solar Plexus (The Sun Within) relate to our Nervous System?**

**Answer:** As already mentioned the word **Solar** simply means **Sun**. The word **Plex** from **Plexus** means “**to braid or intertwine**”. So we are

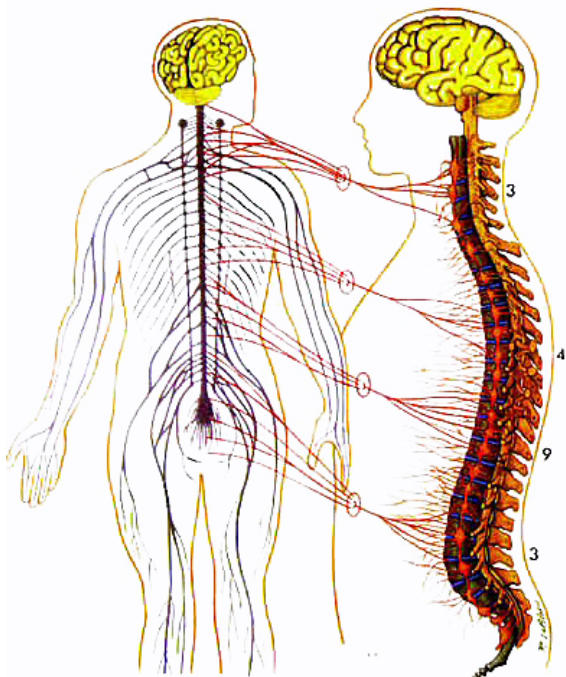
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speaking about a complex system of **Nerves** intertwining throughout the **Human Body** and leading to several **glands** of which the major is in the center of your system called a **Solar Plexus (The Sun Within)**. This is simply a **Sun (RE)** that fuses and gives off heat to warm the **Body**, or overheat the **Body**. The **Sun (PAA RE)** has always had the **atomic number 8**, which is **Oxygen** had a symbol of a “**Circle**” (O) the symbol of the **Sun (RE)**.

**Also note:** that the **Solar Plexus (The Sun Within)** Scientific name is **Celiac Plexus**. The **Solar Plexus (The Sun Within)** is an important part of the **Autonomic Nervous System**, and the **Autonomic Nervous System** is most closely associated with **Humans “Psychic” faculties**. The **Solar Plexus** awakens “**Psychic Centers**” in your **Being**. It is really one of the “**Energy Seats of the Vitality**” in **Humans** linked to the **Subconscious** faculties in **Humans**.

## The Sun Within

### NERVOUS SYSTEM

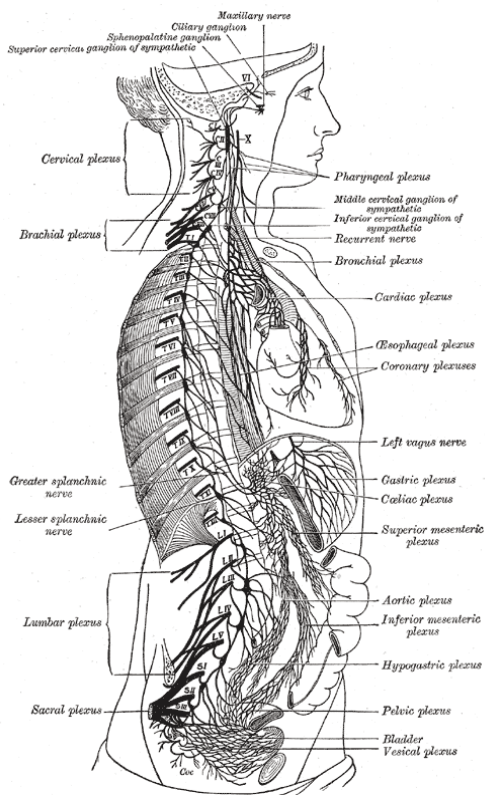


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The Nervous System-Network of Nerves



# The Sun Within



## The Celiac Plexus -Solar Plexus

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### Question: What is our Subconscious Mind?

**Answer:** Your **Subconscious Mind** is your **Book of Life**, What is impressed in the **Subconscious** is expressed in your actions. Your **Subconscious Mind** accepts what is impressed upon it or what you consciously believe. Your **Thoughts** are “active” and might be likened unto seeds. **Negative, destructive Thoughts** continue to work **negatively** in your **Subconscious Mind**, and in due time will come forth into **outer experience** which corresponds with them. This means once it reaches a **Subconscious Level** it is there for **Eternity** and... these **Thoughts** are on auto pilot until they are counteracted with “**POSTIVE SUGGESTIONS**” (**9ether, Positive, Living Forces in Nature**). Be careful of whom you are around and the “**Suggestions**” you allow to take in, remember we are taught that a serpent is Subtle, a **low tone** or **high pitch sound** can seep faster into the **Subconscious Mind**. This becomes

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dangerous when you are around a person or people that do not have your best interest, people can implant a subtle **Thought**, walk away and have you “**be-lie-evening**” (**believing**) to yourself it is real and it was a destructive thought that really means you harm. The Science of **Music, Movies**, etc... works this way and you must be careful of what you watch, what you see, etc... **REMBER WE ARE SCIENTIST, everything we do has a Science!**

Our **Subconscious Minds** does not engage in proving whether your **Thoughts** are good or bad, true or false, but it responds according to the nature of your **Thoughts** or suggestions. For example, when you consciously assume something as true even though it may be false, your **Subconscious Mind** will accept it as true and proceed to bring about results which must necessarily follow, because you consciously assumed it to be true.

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So when you take **a group** or **race of people** and feed them **wrong knowledge, bad information** and **lies**, about their **past, present** and **future**, when you give them false images of their past and tell them that there Gods or Deities do not look like them, and subtly tell them that they are the **Forces of Death** this breeds a **Negro, Dead Negative growth "Mind"** (***A Person not using their full Mental Potential***).

Your **Subconscious Mind** perceives by **Intuition**. (Who in our race is the most Intuitive Men or Women? So our **Felines** or Women are more in tune with the **Subconscious (Plane of Force)** which is why our Grandmothers, were most in tune with us and our environment, think back to all the times your grandmother knew things about you and you be like "darn grandma how did you know that", or think about any female in your family especially your closets' God, your Mom! Sisters you have the ability to with your

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**Mind Power** and **Visualization**, to **Shift Perception**, and **change Reality**. The **Power of your Emotions** which is nothing but **Energy in Motion** and your **Mind Power** produce **RESULTS!**

Our **Subconscious** is the seat of **Emotions (Solar Plexus)** and the store house of memory, which is why we need to let go of **old negative, old cycle, 6 ether Thoughts** and come up to this day and time **Mentally** and **Emotionally**. The Sun Cycle is in! It's our time when we apply our **Mental Science; *Black Magic is Mind Magic, using the Mental Forces to control Nature and all around us***".

Our **Subconscious Minds** performs its highest functions when our **Conscious** sense are sleep or inactive. Our **Subconscious Mind** sees without the use of natural organs of vision. It has the capacity of **Clairvoyance** and **Clairaudience**. Your **Subconscious Mind** can

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leave your Body, travel to distant lands, and bring back information(**Outformation**) oftentimes the most exact and truthful character. Through your **Subconscious Mind** you can read the **Thoughts** of others, read the contents of sealed envelopes and know who will call you before the phone rings. Your **Subconscious Mind** has the ability to stop the **Thoughts** of others (**Psychic self defense**) without the use of the ordinary **Conscious** means of communication. It is very important we learn the interaction between our **Conscious Minds**, and **Subconscious Minds**, in order to learn what true **Power** we have!

**Question: In the African Physiological make-up (Human Body) where is the Seat of Intuition?**

**Answer:** That's a Great question! The **Seat of Intuition** in your **Body** is just **3 inches above your Navel** called your **Seat of Emotion** or **Solar Plexus (The Solar**

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**Seat of RE – The Sun Within).** Your **Intuition** is really the **Voice of the “SUBCONSCIOUS MIND”** calling you to you to **listen**. And the **Law of the Subconscious Mind** is based on the **Law of “ATTRACTION”** linked to the **Plane of Force**. Learning to develop those latent Psychics powers in this day and time is of most importance! Our new book series ***The Nu African Mind Volumes 1-9*** is dedicated to just that. Teaching you the principles of how your **Mind** works and giving you **Spiritual**, practical examples of how to apply them to your everyday life to yield the results you seek and up most deserve as a **Melaninite (Children of Nature and Children of PAA RE =THE SUN)**.

### **Question: What is Intuition?**

Answer: Ok let's first define what the word **Intuition** means, according to the **Merriam Webster's Online Dictionary** the word **Intuition** means:

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Main Entry: **in·tu·i·tion**

Pronunciation: \,in-tü-'i-shən, -tyü-\

Function: *noun*

Etymology: **Middle English *intuycyon***, from **Late Latin *intuition-*, *intuitio* act of contemplating**, from **Latin *intuēri* to look at, contemplate**, from ***in-* + *tuēri* to look at** Date: 15th century

**1 : quick and ready insight**

**2 a : immediate apprehension or cognition b : knowledge or conviction gained by intuition c : the power or faculty of attaining to direct knowledge or cognition without evident rational thought and inference.**

Now let's take a look at the word "Intuitive"...

Main Entry: **in·tu·i·tive**

Pronunciation: \in-'tü-ə-tiv, -'tyü-\

Function: *adjective*

Date: circa 1645



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**1 a** : known or perceived by [intuition](#) : directly apprehended <**had an intuitive awareness of his sister's feelings**> **b** : knowable by [intuition](#) <**intuitive truths**> **c** : based on or agreeing with [intuition](#) <**intuitive responses**> <**makes intuitive sense**> **d** : readily learned or understood <[software](#) with an intuitive interface>

**2** : knowing or perceiving by [intuition](#)

**3** : possessing or given to [intuition](#) or [insight](#) <an intuitive mind>

So our **Intuition** gives us the ability to have an “inner” **knowing** and **awareness** beyond **Human** comprehension. Our **Intuitions** are linked to **Nature**, we just only need to call on our **intuition** and learn to utilize its infinite resources. For our **Intuition** is only the **Voice** of the **Subconscious Mind speaking** and **calling out**, learn to listen to it! Our **Intuition** leads us back to **Nature (PAA NAZDURU – Neteru)**, and

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again our **Solar Plexus** is the **Seat of Intuition** and the **Subconscious Mind**.

**Question: How important is it to develop your Intuition in this day and time?**

**Answer: Intuition** is the most important thing to develop in this day and time. It is your **Intuition** that will lead you in this day and time as the coming changes are taking place. **Human Beings** are going through a “**genetic shift**” as well as a “**dimensional**” **shift**. From the **3rd dimension of Emotion** to the **4th dimension of Mind, Intuition the World of Vibration (Subconscious Mind)**.

**Question: Can you give me a simple Intuition exercise now!**

**Answer:** Sure it's not deep at all; let me ask you a question. How many times the phone has rang and you have a deep inner knowing of

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knowing who it was and what the person wanted? We'll see that is an example of your **Intuition** right there speaking to you. Your **Subconscious Mind** is dwelling on another **Plane** called the **Plane of Force** which is linked to this **Material Plane** and is responsible for the many Phenomena that go on **within Nature**, that **People** called **Weather and Seasons**, example **Rain, Thunder, Lighting**, all manifest from seemingly nowhere right? Well it is the **Plane of Force** which we are "**LINKED**" to via **MIND Power**, which is why it was said and taught that once we are back intune with our **9 MIND (GOD MIND)** we too can speak to **PTAH (EARTH) – MU (WATER)-NEFU (AIR)-SET (FIRE)** and control the **Forces of Nature**.

Think about this... as you learn the **Law of Attraction** on a small scale, you can apply those same principle when dealing with the **Forces of Nature**, you can use your Mind's Eye or simply "**VISUALIZE**" it raining, or **Visualize PAA RE**

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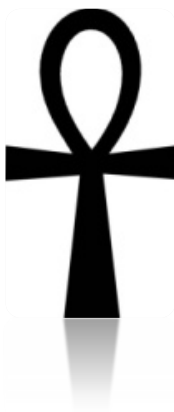
(**THE SUN**) appearing and beaming down brightly, when done enough times you will “**literally**” tap into the **Forces of Nature** and your back in an intunement with what is called “**ALL**” or **the Divine**. Another **Intuition** exercise is when every you receive a letter in the mail do not open the letter just yet, but call on the **Divine powers** of your **Inner knowing** (**INTUITION, SUBCONSCIOUS MIND**) that **\*wee\* small voice** and ask what is this letter about... and watch what you hear!

**The key is TRUST! WITHIN YOU IS THE POWER, THE “NU” POWER!** We have always been a **Spiritual People**, we have always survived these Cycle changes that take place every **10,500 – 25,000 and 50,000 years**. To those who are **pure in heart** and can hear what **Mother Nature** and **Mother Earth (PTAH-NUN)** is saying this is nothing **NU (NEW)**. **Journey within** in order to **Journey without**, in order to (**BEE**) **WHERE U NEED TO BE! The time is now!**

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**2012 and Beyond! MANY ARE CALLED BY  
NATURE FEW "CHOOSE" TO LISTEN!**

*"Walk in the Light of the SUN (PAA RE) as if ALL  
can see you at ALL times".*



## The Sun Within

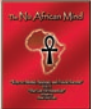









For More Information Contact:

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“WALK IN THE LIGHT OF THE SUN AS IF  
ALL CAN SEE YOU AT ALL TIMES”...

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